

W I N T E R 2 0 1 2

# THE Recovery

A San Antonio Center for Physical Therapy Newsletter



## PLANTAR FASCIITIS RECOMMENDATIONS FOR NAGGING HEEL PAIN

The plantar fascia is a strong connective tissue that originates on the bottom of the foot at the heel bone and runs along the bottom of the foot inserting into the toes (metatarsal heads). It is one of the primary stabilizers of the arch of the foot and when you walk it acts like a spring or windlass to help propel the body forward.

Excessive strain or overload on the plantar fascia can result in plantar fasciitis which is defined as an inflammation of the fascia on the bottom of the foot. Plantar fasciitis is the most common cause of heel pain; however, some researchers question whether it is a true inflammation or degeneration of the tissue.

There are many documented causes of plantar fasciitis. Poor flexibility of the calf muscles, no arch support, a sudden increase in one's level of activity, poor footwear, being overweight, excessive pronation, or repetitive stress conditions (long distance running) have all been reported to be possible causes of plantar fasciitis.

Plantar fasciitis is often worst in the morning when one takes his /her first steps out of bed. Theories propose that when we are sleeping, the inflamed fascia is shortening and perhaps attempting to heal. If the problem is chronic, a bone spur may be seen on x-ray.

### *TREATMENT GUIDELINES RECOMMENDED BY THE ORTHOPEDIC SECTION OF THE AMERICAN PHYSICAL THERAPY SECTION*

Just as with other musculoskeletal conditions, there are a number of treatment options. The good news is that most recover from this condition with conservative treatment...treatment that is most commonly rendered by a physical therapist. In fact, a group of physical therapists consisting of clinicians, academics and researchers all compiled the best evidence available and created specific guidelines.

### *THE BEST EVIDENCE TREATMENT GUIDELINES*

The following treatments are recommended that have some clinic research to support their use:

- Stretching
- Taping
- Foot orthoses
- Hands-on therapy
- Iontophoresis
- Night Splinting

In summary, if you experience plantar fasciitis, you can rest assured that physical therapy is one of the best choices for conservative care of this often debilitating condition. Do not hesitate to call us or refer a friend for a consultation. Chances are the outcome will be a great one.

## Physician Spotlight



**The Podiatry Group**  
OF SOUTH TEXAS, PA

540 Oak Centre  
Suite 220  
San Antonio, TX 78258  
(210) 491-0606

Dr. Castillo has been practicing and serving the San Antonio community for over 8 years. He is affiliated with The Podiatry Group of South Texas. His office is conveniently located in the Stone Oak area at Stone Oak Parkway and Oak Centre and offers early and late appointments. Dr. Castillo currently serves as the Chief of Podiatry at Methodist Stone Oak Hospital and Vice President of The Podiatry Group of South Texas and is on staff at North Central Baptist Hospital and Methodist Stone Oak Hospital.

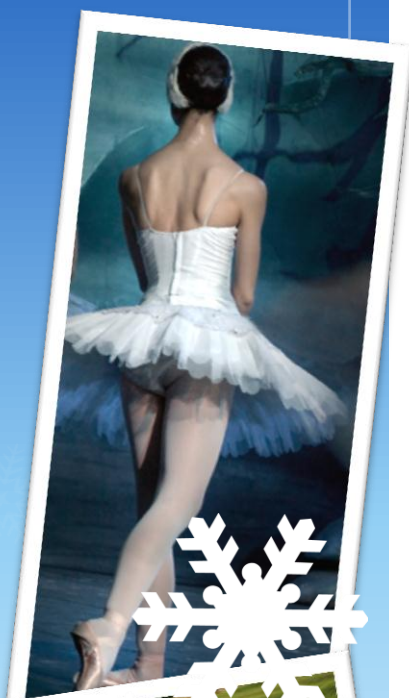
Patients of all ages are welcome in his practice. Dr. Castillo practices conservative and surgical care of the foot and ankle. While he enjoys all aspects of podiatry, he has a particular interest in sports-related injuries, management of flatfoot disorders, revisional foot surgery, fracture management, and custom orthotics/bracing for foot and ankle problems.

Dr. Castillo is an avid runner and has completed several marathons including the San Antonio Rock & Roll Marathon and the Austin Marathon. He also enjoys cycling, golf, and collecting sports memorabilia. He is a diehard University of Michigan Wolverines fan and continues to support his team in Longhorn and Aggie country! GO BLUE!

# SAN ANTONIO Center for Physical Therapy

San Antonio Center for Physical Therapy is a privately-owned clinic offering personalized rehabilitative care to individuals with neuromuscular and musculoskeletal dysfunctions. The Doctors of Physical Therapy are certified Manual Therapists and specialists in orthopedic and sports injuries. We are committed to excellence by providing quality, cost-effective, outcome-based physical therapy. It is of utmost importance that our patients are treated with respect and friendliness in a professional, caring environment.

Dr. Jarrett and Dr. Nietz received their Manual Therapy Certification (MTC) during their Doctoral studies at the University of St. Augustine for Health Sciences in Florida. They utilize a unique manual approach to specialize in the treatment of spinal dysfunction, headaches, neck pain, and sports injuries. They are the company Physical Therapists for San Antonio's premier professional ballet company, Ballet San Antonio. Dr. Jarrett and Dr. Nietz have specialized training and certifications through the American Sports & Fitness Association and the Harkness Center for Dance Injuries. Dr. Nietz has further training and certification through BACKtoGOLF and the Titleist Performance Institute.



**Shea E. Jarrett PT,  
DPT, MTC**



**Brian C. Nietz  
PT, DPT, MTC**



**San Antonio Center for Physical Therapy**  
**Located in Suite 210 of the Sonterra Oaks Medical Plaza**

**From I-10:**

Take 1604 East to 281. Stay on access road and take the turnaround to access road for 1604 West. Turn right on Hardy Oaks Blvd, just past Macaroni Grill.

**From 281, Heading North or South:**

Take Sonterra Blvd Exit. Take right onto Sonterra Blvd. Turn left on Hardy Oak Blvd.

**From I-35:**

Take 1604 West to Stone Oak Pkwy Exit. Merge to right lane of access road. Turn right onto Hardy Oak Blvd, just past Macaroni Grill.

